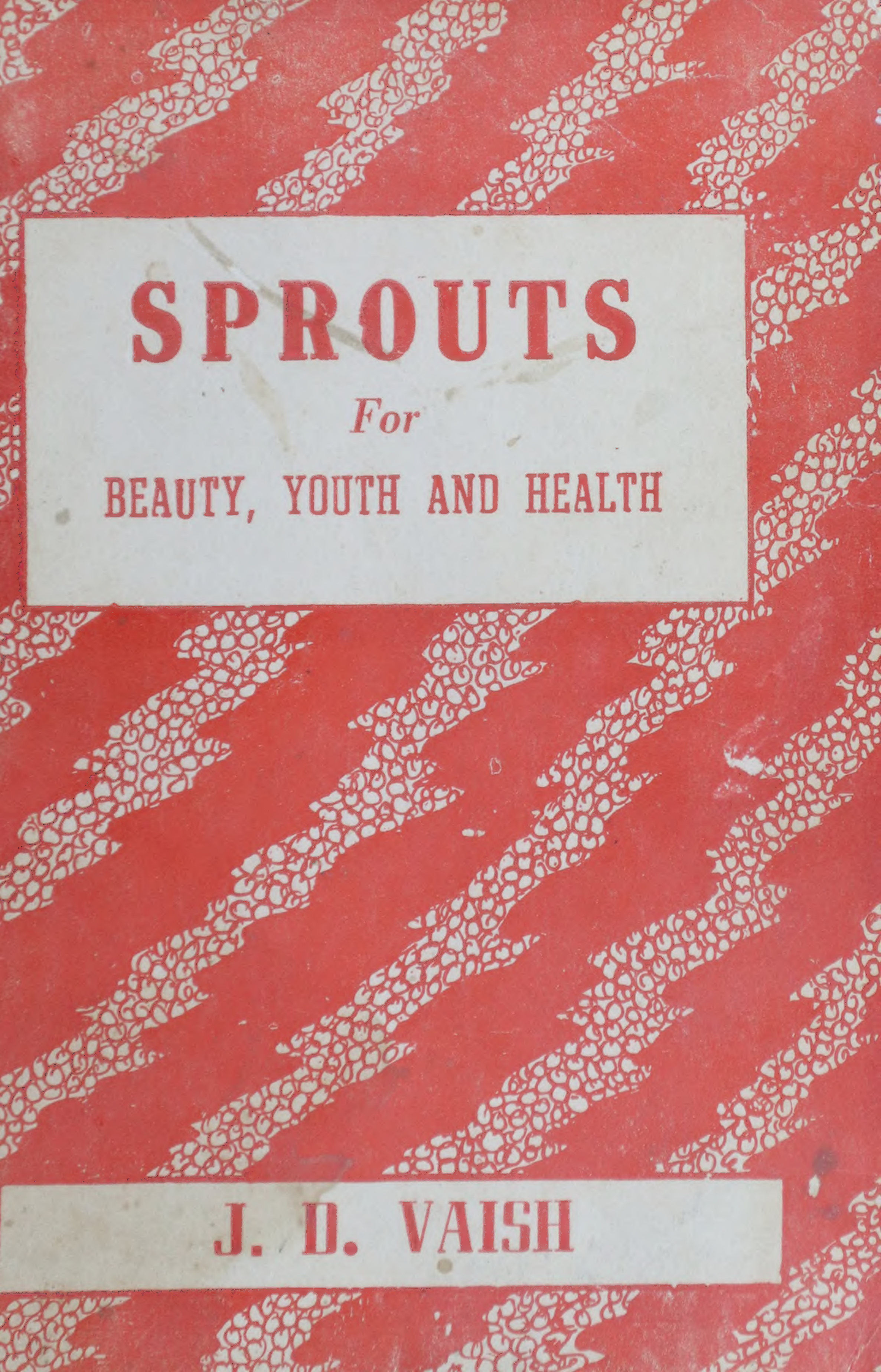

SPROUTS

For

BEAUTY, YOUTH AND HEALTH

J. D. VAISH

oga Sansthan Series

SPROUTS

for

Beauty, Youth and Health

Acclaimed to be the best book on Sprouts
published so far in India and abroad

By

J. D. VAISH, M.A., B.Sc.,
Asana, food & nutrition expert
Retired Dy. Director of Education
Hony. Director, YOGA SANSTHAN

THE WONDERFUL BOOK ON WONDERFUL SPROUTS ●
SPROUTS ONLY CAN REPLACE FRUITS AND VEGETABLES ●

YOGA SANSTHAN
Padma Nikunj, B-19, Chomu House
Sardar Patel Marg, JAIPUR 302001
(INDIA)

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WHAT IS THIS BOOK ABOUT ?

This is a book on sprouts.

Sprouts is a **LIVE FOOD.** Life can be seen pulsating in every grain and offshoot.

If you want to stay beatiful, if you want to become more beautiful eat sprouts.

If you want to maintain your youthful appearance for a longer time use sprouts.

If you want to be disease–free patronise sprouts.

Vitamin C, Vitamin B-complex are a necessity for the well–being of our body. It is not wise to take them through tablets, capsules, syrup, injections because they may or may not be assimilated or tolerated by the body since they are synthetic preparations. The alternative is to get them from **LIVE FOOD** like sprouts. Sprouts is a better way, is a cheaper way and a safer way. Not only that it is an integrated way.

To-day every one is convinced that vitamins will not work well if they are not supported by minerals— minerals in organic form. Sprouts supply minerals too and in plenty.

Enzymes are gradually being given due recognition by the medical profession as well as the nutrition experts. Every one knows that **ENZYMES ARE DESTROYED BY HEAT AS WELL AS COLD.** Hence the efficacy of bottled enzymes is doubtful. Sprouts give you enzymes with a range of other useful things.

Salad plate has come to stay as the first course at every meal. Salad plate has gained due recognition after a great struggle. Just a few decades back it was considered to be indigestible, disease–inducer, injurious for the digestive system etc. **BUT TO DAY THE POSITION HAS COMPLETELY CHANGED.**

Salad is a **LIVE FOOD** in comparison to the traditionally cooked food and so is wonderfully better than cooked food. **BUT SPROUTS ARE STILL BETTER.** Sprouts will gain ground, become more and more popular year after year.

Nov. 1978 **J. D. VAISH**

THIS JANUARY 1982 EDITION

This revised edition is in your hands.

No one wants to lag behind in the race for **BEAUT** **YOUTH AND HEALTH.** This book will help you to win th race, if you really want to win the same.

We look for Beauty and Youth in a jar of cream, t powder box, the beauty lotions, the hair shampoo, the n polish, the deodorant spray, the enchanting scent etc. What they give ? They give merely borrowed beauty. They just gi plastered youth. The food which we generally eat saps the l vitality and props up the lifeless corpse. The so called found tion preparations are responsible for shaking the very found tions of Beauty and Youth in you. What actually happen The face lacks glow, rosy tinge, natural lustre. The make- is really a **MAKE-UP** only. It is nothing more than that.

The real beauty and the charming youth derive their glo charm, fascination, the power of diverting the attention others, the power of influencing and overpowering others fro (1) Balanced blood circulation (2) Vitamins and minera Forget not that Sprouts will supply Vitamins & Minerals such a form as can be easly assimilated by our body. A remember that sprouts have the inherent quality of provid balanced blood circulation to every part of the body.

It is a well known truth that health is the handmaid Beauty and Youth. Wherever there is Beauty & youth, Hea will naturally be there.

Does health lie in medicines ? No, that is not the manent remedy. The father of modern medicine was Hip crates, who is remembered by the modern doctors every and talks are delivered and listened to about him. He declared long ago that ·'Let food by thy medicine." So far we have utterly disregarded this dictum of that great philosopher–saint–doctor.

Nature is relentless in her discipline. She is trying to teach man the imperative importance of food over medicines through various nerve racking diseases like Heart trouble, Cancer, Diabetes etc.

The Nutrition Experts and the giant brains of the world of medicine have been declaring from housetops for the last 50 years that for sprakling health we must take enough from the Protective Group. This Protective Group comprises of Green leaves, vegetables and fruits. The latest experiments and researches acclaim Sprouts as the best single substitute for the items of this Protective Group; nay even better than Greens, vegetables and fruits.

Thus Sprouts have the unique capacity of looking after Beauty, Youth and Health. The book in your hands tells you about Sprouts——What are sprouts ? How to prepare sprouts ? How to eat sprouts ? How the sprouts help the body ? etc. etc.

May the use of sprouts take its roots in every family like **DAL, ROTI** and Rice ? This is best yet the simplest way to become more beautiful and stay beautiful till death. Also this is the most effective way to maintain Youth and Health.

This book will arouse consciousness about and love for sprouts, there is no doubt about it. This consciousness and this love have to be translated into action by starting a vitamin factory in the kitchen and eating them in plenty.

May the blessings of Beauty, Youth and Health be showered on all the readers and their family members ?

1st. January, 1982 **J. D. Vaish**

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SPROUTS

CHAPTER 1

WHY PATRONISE SPROUTS

Are you dissatisfied with the soaring price of fruits and
ables ? Are you co scious of the ill effects of the cold
ge to which they are put ? Have you felt the presence of
cetylene gas and the various preservatives/insecticides in
uits and vegetables you eat ? Secondly do you not feel
he quality of milk, curd, butter, Ghee is not good ? But
is the way out of it ? It is very simple, but it has not
me to you, it seems. This way will lesssen the burden on
purse, give you complete food, give you more nutritious
the food will be safe from all infections, bacterias etc.
if it is really so. it is marvellous. The way is to become
ROUTARIAN.

A handful of seeds/grains/legumes costing only a few
can sprout into enough food to provide balanced
ion.

Soaking-Germination–Sprouting. These are the three pro-
which are associated with the sprouts. All these three
ses help us in bringing out the desired changes in the dry
grains/legumes etc.

1) The first step is to soak them in water. They are
l well in a shallow vessel several times say four times
en soaked in water. The temperature of the water

should neither be chilling or biting cold nor should it be b ing hot. The required necessary duration of soaking will di from article to article and from season to season. The gene principle is that the bigger is the seed/grain more time it need for soaking; the colder is the season more time it require.

(2) The second step is of germination. The precise st when the seed bursts and the tender offshoot makes its app ance is called germination. This proceses is a wonderful p cess. The seed in a way destroys itself, its identity, its inc dual character. Then only germination is possible. The s sacrifices itself for the service of the species.

(3) The third step is of sprouting. The tender offsh which is brought about by the process of germination grows and up. This growing up is called sprouting In this proc life can be seen pulsating, we can see the result of our lab in the gradual growth of the offshoot. In the common ma language Sprouting combines in itself all the three procese (1) Soaking (2) Germination (3) Sprouting,

Rising Costs. With to-day's rising food costs and ab mal deterioration in the quality of various food articles th indeed a boon, is indeed a revolutionary alternative.

Complete and Rejuvenating Food—No matter who yo or where you live or whatever may be your status in the so or whatever may be your vocation, whatever may be your tion in your office/factory/mill etc., you may be a Shrima Shrimati or Kumari, a widow or a widower, whatever ma your sex, age, race, colour, creed or religion, **YOU CAN GI YOUR OWN SPROUTS.** Sprouts will definitely no your body effectively and sincrely. Sprouts are a complete food; Sprouts are a rejuvenating food; Sprouts are a safe food; Sprouts are extremely cheap; Sprouts are very simple and easy to prepare.

SPROUTING

- is a very easy and handy way of establising a vitamin factory in your house.
- is an indoor gardening venture.
- is setting up a garden which will never fail you.
- is a pleasant work because you see life growing every hour and every day.
- is a way of supplementing the actual kitchen work without any fuel—nay is a way of supplying the things which have been either burnt out by the kitchen processes or which have been thrown out before cooking or as a part of cooking.
- is a simple way of getting uncontaminated food which is at the same time more rich than the traditional food.
- is a way of enriching and fortifying the food constituents contained in dry seeds, grains, legumes etc.

SPROUTS

- are the finest single food.
- are a complete and rejuvenating food (**PURNA** and **AMRIT** food) and thereby retard ageing and keep the person beautiful, healthy and disease free.

- are far better than the seed, grain, legumes from
  the sprouts are prepared. In the dry state th
  lack in several vital nutrients. When they un
  the various processes involved in sprouting, th
  shoots absorb, multiply or pick up or manufactu
  missing nutrients not present in enough quantity
  dry state or not present at all in the dry state.
- are full of practically all the amino acids.
- are a good source of quick energy sugars.
- are food in a predigested form.
- are enzyme rich.
- are anti-gas.
- are anti-constipative.
- are a healing food.
- are as good as expensive fruits.
- are as good as vegetables and greens.
- are an excellent source of vitamins.
- are an excellent source of almost all the mineral
- are anti-malnutrition.

Note :—Mere soaking starts a change in the direction of increa
supplying the necessary nutrients. The process of sp
starts with soaking, gains momentum with germinatio
maximum in sprouting.

DRY SEEDS ETC. VERSUS SPTROUTS

We every day take and have been taking seeds, grains egumes etc. While considering sprouts a very important ques-ion arises as to what is the difference between seeds, grains, egumes etc. in the dry state and their sprouts ? The answer is uite simple—

(i) Seeds, grains, legumes etc. which we eat are all edible nd nutritious but still they contain some elements in an inso-uble from or they are present in an inorganic state.

(ii) During the process of germination the seeds etc. equire heat, oxygen, water and darkness for bringing about ome chemical changes and some enzymic changes. During prouting the changes already begun are continued, accelerated d/or completed.

(iii) In a way, the contents of the seeds etc. are **EARRANGED** through the help of heat; oxygen, water and rkness in the process of sprouting.

(iv) One kilogram of dry seeds etc. produces nearly six ogrammes of sprouts.

(v) The water which increases the bulk undergoes amaz- changes due to the action and the interaction of oxygen, nperature and darkness upon the seeds etc.

(vi) The seeds etc. become juicy, sweet, anti-constipa- e, predigested type of food, full of those nutritive contents ich are vainly sought for in tablets, capsules, syrups and ctions.

(vii) Carbon-di-oxide and other gases are liberated a
the seeds etc. germinate—it is the most difficult period for the
seed. The seed bursts aud the seedlings appear. Thereafte
the process of sprouting further enhances the work alread
commenced.

EXPERIMENT AND RESEARCH

Sprouts are not new for the world yet quite a number o
us do not know about them. Sprouts have been used and experimented upon for the last thousands of years.

Chinese use soya beans and soya and MUNG sprouts i
most of their foods especially in Chow mein and in Chop sus
They have been using sprouts and the beans for thousands an
thousands of years. It is one of the reasons that the Chines
remain so prolific and stay alive inspite of the fact that the
have the highest population-density on the earth. The two bean
which are used by the Chinese are Soya beans and Mung bean
i.e. Glycine max/Soja max and Phaseolus Aureus Roxb respec
tively. Thus the people began to eat sprouts thousands of year
ago and are still continuing it. The very fact that they ar
being used even to-day shows that there is something extrao
dinarily good in sprouts. Besides this, these Chinese prepar
tions are becoming popular throughout the world. People bot
in East and West are becoming fond of these Chinese dishes.

Mrs. Chatharya Ellwood has written a beautiful boo
published by Devin-Adair under the title "Feel like a million"
She says therein that the first written record about the tremen
ous health giving values of sprouted seeds is in a book on plan
written by the then Emperor of China in 2939 B. C.

In World War I Dr. Cyrus French used sprouted pe
and lentils in Mesopotamia to cure scurvy.

CHAPTER 2

AMRIT FOOD AND PURNA FOOD

Major items of our staple food fall in the category of seeds, grains and legumes. From times immemorial India has recognised this group of food as a very important factor and it is considered as the basis-item of our food or the staff of our life. The category is called ANN (cereals)-i. e. cereals and pulses. Two types of food items have been mentioned in Yogic medical literature of India—Purna Ann and Amrit Ann which respectively mean Complete food and Rejuvenating food. **What is Complete food** ? It is in one way akin to Balanced Diet. Still there is a significant difference between the two. In the case of complete food we have before us only the seeds, grains and legumes to choose while when we say balanced food or balanced diet we have the entire range of edible articles taken by us by way of food before us and supplements offered by the Medical world falling under foods, predigested foods, vitamins and minerals etc.

Our body needs principally Protein, Fat, Carbohydrates, Minerals, Vitamins, Enzymes, Water, Fibre and Calories. Hence the **FOOD** which has enough of these constituents sufficient for the needs of the body will be classed as Purna Ann Food).

What is Rejuvenating Food ? The natural tendency of he human body is that it follows five courses—Birth, Infancy, Adulthood, Old age and Death. Decay usually sets in the body in old age and it shows itself in the form of various disease different kinds of infirmities and weaknesses. Such is th natural course, but in some cases infirmities, weaknesses an diseases take hold of the body from the very birth or infanc or childhood or adulthood. This needs to be counteracte by the help of medicines, care, proper food etc. Thus ti food which helps the body in freeing itself from diseases, pr mature infirmities, unnecessary weakness will be termed as R juvenating food or Rejuvenating Ann. The question arises as which elements impart this quality to the food or Ann ? It h been found that infirmities, weakness and diseases attack th body due to following reasons :—

(1) Development of some organic defect in some part parts of the body or decay of some part/parts.

(2) Deposit of some toxic material in the body.

(3) Lack of proper assimilation of active constituents the food we eat.

(4) Defective elimination of the wastes and toxins fro the body.

(5) Continued deficiency of some necessary nutriti constituents in the body and/or in our daily food.

(6) Constant use of dead food as opposed to **LIV FOOD.**

(7) Mental pressure in the from of worry, mental tensio loss of self-confidence, fear, suicidal tendency etc.

ANOTHER SIMPLE WAY

There is another way of looking at the situation. Th can well be called a simple way. It is, "The only sickne which exists in the body is **TOXICITY.** Healthy cells, nourished properly with organic living food, are immune from such attacks." Based thereon we can say that Live Food has the basic quality of Rejuvenating our body and helping it to stay **YOUNG BEAUTIFUL AND HEALTHY.**

THE COMPLETE FOOD

The idea of balanced diet or the complete diet has gained great popularity during the last three decades. It is said that the body needs a number of constituents like Protein, Fat, Carbohydrates, Vitamins, Enzymes, Water, Fibre and Minerals. Not only that but the minimum daily requirements of each have also been worked out. They are as follows :—

Protein	55 gms;	Fat	40 gms.
Carbohydrates	450 gms;	Calcium	4 gms.
Phosphorus	2 gms;	Iron	30 mg.
Carotene	3000 μg.;	Thiamine	2.0 mg.
Riboflavin	1.5 mgm;	Niacine	22 mg.

Vitamin C...50 mg.

Note :—(i) It is not a happy thing to have minerals and vitamins out of the synthetic preparations. Unfortunately most of us do it every day and the result is mad rush for Hospitals, Doctors and Medicines.

(ii) The best thing is to so arrange our daily intake of food that out of that we may get the necessary complete and rejuvenating food.

(iii) Whatever we may eat, the attempt or the target should be to discard as few parts of it as possible e. g. if we eat apple or pear, we should try to eat it with the skin and the inside core. Even if we eat the seeds there is no harm.

PURNA FOOD is thus that **FOOD** (Seed, grain, legu which satisfies the conditions of Balanced Diet or Comp Food.

SPROUTED MUNG

Doctors at Cornell University and Virginia Polytech Institute have carried out extensive research on Sprou Mung. They say that one teaspoonful of Mung beans. w sprouted will give the following nutritional constituents :—

Calories	17.5	Carbohydrates	3.3 gms
Protein	1.9 mgms.	Fat	2 gms.
Calcium	9.5 mgms	Iron	·65 mg
Sodium	2.5 mgms	Thiamine	·065 mg
Niacin	·4 mgms	Vitamin C	9.5 mgm
Riboflavin	·065 mgms	Vitamin A	10 units

Looking at the above table one can safely declare t Sprouted Mung and other sprouted seeds, grains and legu fall in the category of Complete Ann. **The corollary wh therefore follows is that when you eat sprouts you do not n any supplementary food** Those persons who are not fami with Sprouts are very fond of supplementing their daily f with other supplementary items in the form of vitamins, mi rals and extra protein. Well. **USE SPROUTS AND GI UP THE USE OF TABLETS, CAPSULETS, SYRUP, INJE TIONS** and tonic cum. protein foods.

CHOLESTEROL, SATURATED FAT AND URIC ACI

The trio which is responsible for undermining the he of a vast number of persons—old, young and children (mal female) consists of :—

(1) Increase in the level of the Cholesterol in the body.

(2) Intake of too much fat which is mostly of the saturaed type.

(3) Preponderence of Uric Acid, Urea and Ammonical alts in our body. They are end products of a number of food tems which we eat.

With a view to have a control over them, a number of Don'ts and some Do's are being recommeded by the nutrition xperts and the medical men.

DON'TS

(i) Persons are advised not to eat certain things things ith a view to keep the level of cholesterol at a safe limit.

(ii) Persons are advised to avoid certain types of fats to ve themselves from saturated fat.

(iii) Persons are advised to avoid those items of foods hich result in harmful end products i. e. uric acid, urea and nmonical salts beyond safe limits.

What about the Do's for Amrit food and Purna Food ? ey are again three in number.

DO'S

(1) The essential constituents without which the food tabolic changes can not take place safely and easily in the dy are **ENZYMES**.

(2) The purpose of food is defeated without the presence **AMINO ACIDS** in it.

(3) The food is deficient in more than one way if VITA-NS, **MINERALS** and **FIBRE** are not there. Therefore, the

three do's are (a) Enzymes (c) Amino Acids (c) Vitami Minerals and Fibre.

THE SPROUTS

Sprouted seeds, grains and legumes are totally safe o all the three fronts —(a) Cholesteral, (b) Saturated fat (c) En products of the food viz urea, uric acid and ammo nical salts. Besides this they are very rich in (i) Enzym (ii) Amino acids (iii) Vitamins, minerals and Fibre. Hen sprouts are the only single food which satisfies the criteria do's as well as don'ts. **SO LET US PATRONISE SPROUT FOR BECOMING BEAUTIFUL, STAYING YOUNG AN BECOMING DISEASE-FREE.**

CHAPTER 3

QUICK ENERGY SUGAR IN SPROUTS

Sugars—There are a number of sugars around us–Gluco also known as dextrose; Fructose; Lactose; Sucrose; Maltos Inulin, Glucose is grape sugar or blood sugar-it occurs almost all the fruits and vegetables and also in our bloo Fructose is found in most fruits and many vegetables. Lacto is a sugar which occurs in milk, it digests less readily a hence is not so fattening. It is a food for intestinal bacteri which change it into lactic acid. Sucrose is the chemical nam for white refined sugar prepared from cane sugar or beet ro Maltose is the one found in malt. Inulin is the other sug which is only partly and slowly digested—it is chiefly found in onions, garlic, artichoke and sweet potatoes.

Energy from sugar—Sugar does give you energy so it is also called pure calories. It does not need hours for its digestion like other articles of food, it is digested in minutes hence it gives energy in a very short time. Besides refined white sugar there are other sources of sugar as well—sprouts, fruits, whole grains, vegetables, milk, nuts, dates, currants, raisins, figs etc. We get 7% sugar from strawberries, watermelon, sweet lemons (Mosambi, Mitha Neebu), grape-fruit etc. 10% sugar from peas, turnip berries, muskmelon, ornages, peaches, pineapple, raspberries etc. 15% sugar from apple, apricots, pears etc. 20% from sweet potatoes, bananas, fresh figs, mangoes, papaya, chikoo etc.

REFINED WHITE SUGAR

It is called Sucrose chemically. It is dangerously pure–purity generally ranges from 99% to 99.7%. It has been termed as White Poison since long but of late it has begun to be called White Death. Some persons also refer to it as **DRUG.** Its purity and its day-to-day increasing intake are responsible for its being called White Poison/White Death/Drug. The refined white sugar is pure and simple Sucrose. It is full of calories, but that is all. **IT IS WITHOUT A SINGLE PARTICLE OF MINERAL, VITAMIN, ENZYME OR ANYTHING ELSE THAT MAY MAKE IT WORTH EATING.** Along with it it is worth considering that Nature has provided us with sugar in so many other natural products. Is it not a clear indication of the fact that we do not need or need not add any more of this white refined sugar to our food items or may not prepare various kinds of sweets and other preparations with refined sugar or other sweeteners ?

SIX SIMPLE FACTS

1. Since honey, molasses, palm Gur, Neera, sugar cane juice, Gur contain minerals and Vitamins besides sugar, can they be taken ? Yes, they can be taken, but in small quantitie only.

2. Can we take Glucose or articles containing Glucose "No", because it is also a purified sugar hence devoid of minerals, vitamins and enzymes.

3. We should remember that all starchy foods (Carbohydrates) are changed into sugar first. Then this sugar is digested and assimilated by our body.

4. Refined white sugar is refined white sugar no matte whether it is in the form of crystalline sugar or finely powdere sugar or in the form of sweets and other such preparations or bottled drink (syrup, squash, soft drink etc) or canned ar preserved preparation (jam, jelly, Murabba etc.).

5. Raisers of livestock feed their animals on the b possible food. But they never give them white refined sugar. Y strangely enough they feed themselves, their wives and childr with white refined sugar, which is decidedly so deadly f their livestock. Is it not a tragedy ?

6. If we do not eat white refined sugar from where w we get energy ? We forget that white refined sugar is c recent origin. Prior to that men worked more hard, wor

from sunrise till sun-set on jobs which required infinitely more energy than the present day work requires. Since he did not eat refined white sugar from where did he get his energy ? Let us do the same as he did.

CLEAR HARM DONE BY EATING WHITE REFINED SUGAR

1. **TOOTH DECAY.** Every dental association is passing resolutions condemning white refined sugar as tooth's worst enemy Dental doctors are all one in insisting that their patients especially children must not take too much sugar. Dental cream manufacturers are starting camaigns now and then to educate people especially young children about dental care. They clearly indicate and insist upon that sugar be avoided by children.

2. **The CALCIUM-PHOSPHORUS BALANCE.** White refined sugar disturbs the balance of two important minerals viz. Calcium and Phosphorus in our body and blood. The normal ratio is 2½ to 1. Due to white refined sugar the quantity of Calcium is reduced and this imbalance causes a number of diseases. These diseases are arthrities, polio, cancer, other degenerative and toxic-deposit diseases.

3. **B-COMPLEX VITAMIN DEFICIENCY:** White refined sugar is completely devoid of vitamins but it also needs vitamins for its digestion—B-Complex must be present in the digestive tract. The digestive tract has to steal it from other parts of the body or from other items of food taken. This naturally results in B-Complex Vitamin deficiency. The result is felt in a number of ways—skin troubles, mouth disorders, constipation, heart trouble, colitis, digestive troubles and **DISEA-**

SES OF THE NERVES (The worst being nervousness or ne vous breakdown). These diseases of the nerves can even lea persons to mental hospitals Some persons in U. S. A. an Europe are very vocal in asserting that this is the cause for t increase of diseases involving the nerves and the increase of t number of patients in the mental hospitals. This may well the reason for abnormal demand of psychiatrists throughout t developed countries. Statistics reveal one more thing– t greater is the consumption per head of refined white sugar t more sick is the nation.

Note :—It is fact that many use refined white sugar. It can be excuse. They have to pay the penaity. All those who bre the natural laws have to pay the penalty. One more thing. the way. Since a very large number of persons includi Doctors, Food experts, Professors, Research workers sm lakhs of cigarettes every minute does it make SMOKI NON-INJURIOUS. No, the Doctors of U.S.A., U.K ,U.S.S. INDIA are all one in their findings that smoking is injuri to health. Similar is the craze regarding the use of refin white sugar. In some countries increase in the per h consumption of sugar has become a status symbol. With t increase there is the increase in the number of patients a Is refined white sugar really responsible for it ? Let us ca out experiments in this field and arrive at the correct facts data to our satisfaction. Just leave sugar and try it yourself. Be guided by the results of your own experiment

4. **LOW BLOOD SUGAR**. High blood sugar res in diabetes. The opposite is low blood sugar which result fatigue, restlessness, dizziness, migraine, asthma, nervous etc. During digestion sugar and starch are broken down simple sugars in the intestine from where they go to the li In the liver they are changed to glycogen and released gradu into the blood stream or stored for future use. After a

igh in refined sugar or refined starch, the level of glycogen in he blood rises rapidly much too high. Then it falls, just as apidly, rather than remaining at the reasonable level. People vho eat lot of refined sugar do not have enough glycogen in ieir liver to keep the blood sugar level normal for long.

SUGAR, THE VITAMIN AND CALCIUM THIEF

All the refined foods are in a way thieves of the vitamins nd minerals. That is the reason that the villagers and the ersons living in backward areas get more advantage out of ie frugal food they eat and the persons living in the cities, ving in palatial buildings, persons who move in cars even for ery short distances, persons who are rolling in wealth, persons ho are minting gold every second, are not getting the desired lvantage out of the rich food they eat. They eat lot of sweets, ltish preparations, refined-processed-preserved, canned arti- es. Most of the articles they eat are fried; the nutritious ements of the food are either burnt in the kichen or are rown away in preparing them for the various kitchen pro- sses.

Sugar or to be more correct the white refined sugar is ngerously pure, all the good things—the vitamins and the nerals—are all eliminated as undesireable or impure or col- red things. There lies the tragedy of white refined sugar. e want to make the articles look pretty, we want to make e food plate look beautiful with food articles of different ours, different sizes, some crisp, some pulpy. In its attempt take help from white refined sugar. Sugar preparations e easier to make, handle and store; sugar preparations are e to look at and so are likely to please the host as well as guest. Do you know the high cost which the persons who eat these nice things have to pay ? This white refined su and all its preparations—sweets, syrups, squashes, jams, jell candy, toffee, chocolates, Murabbas etc.—are great thie These thieves do not add neither vitamins nor minerals to body, on the other hand whatever stock is there in the b of vitamins and minerals that is diminished because the g thief **WHITE REFINED SUGAR** steals some of these thing things which are very helpful and advantageous to the b The main vitamin which is stolen is **VITAMIN B Complex** the mineral which is stolen is Calcium. White refined su when it moves through the digestive organs, needs vitami Complex. As there is none in white refined sugar, so body reserve or wherever it is there in the body is used in process of digestion of white refined sugar. Similarly Calc is the casualty i. e. calcium is used during the process of di tion. As white refined sugar has not a single particl Calcium, all the Calcium which is needed comes from reserve or from the parts of the body or from other articles which happen to be supplying this essential mi at that time to the body.

Loss of Protein, vitamins and minerals :—The roo the stomach is after all limited. So greater is your cons tion of white refined sugar the lesser room you will hav Protein, vitamins and minerals. Taste also plays an in tant part. Generally it is seen that if you have develop liking for sugar, your taste and liking for Protein, vitamin minerals is diminished It is one of the reasons that pe fond of sweets, sugar, syrups, ice-creams have practicall liking for fruits and salads. Therefore, it is also an in loss to the body.

Heart Trouble and white Sugar :—Dr. Ludkin of London Medical College is very vocal in laying the entire responsiblity of heart trouble on the shoulders of Wnite Refined Sugar and other prepared, processed, preserved and refined food articles. He says that greater is the consumption of white refined sugar and lesser is the intake of food-fibre, the greater will be the incidence of Heart Troubles.

Sprouts :—Thus it is clear that we need sugars. Where to get them from ? Suppose we stop taking white refined sugar what are the other sources ? Besides jaggery, molasses, Plam-Gur, Palm-juice, sugar cane juice, sweet fresh fruits, sweet dry fruits **WE HAVE THE SPROUTS. SPROUTS SUPPLY SUGARS WITH VITAMINS AND MINERALS.** The sugars in sprouts are supported by a set of very helpful nutrients. Hence do take sprouts for sugars also.

LIVE FOOD

To-day's Health informs its readers that without enzymes man cannot digest his food, breathe, move muscles, reproduce or perform any of the body's functions normally. Living Food is the only substance that can supply the necessary enzymes to keep us healthy and youthful. Fresh fruits and uncooked greens, vegetables and sprouts supply us enzymes. When cooked, 83 per cent of nutrients are killed or made useless. The cooked food is the main reason for all sickness.

CHAPTER 4

THE WONDERFUL SPROUTS

I

SPROUTS HAVE THE PROPERTY OF RETARDING THE AGEING PROCESS

What brings about ageing ? Every animal and huma being has a life span. So every human being will live durin the period of that span of life. In some cases death can com prior to that span or after that span also. Ageing is the proce of marching towards the end i. e death. Hence, we can sa that the process of ageing starts on the very day of birth ar marches through infancy, childhood, boyhood, adolescenc and youth (the blooming period of maturity), and thence fro the declining youth to old age. The process ends with death

If left to nature everything runs as per normal schedul with the limitations of the body and the tendencies inherit from the parents circumscribed by the personal equation of person. The trouble arises only when due to dead and devi lished food, anti-nature ways of life, thinking and mental at ude, the body develops weakness, infirmities, diseases, malfu tioning of some organs of the body and the person begins groan under their weight, curses his lot, looses faith in Grace of God. This unwholesome attitude hastens the end of process of ageing is accelerated.

Whatever may be the condition of the body and whatever may be the outer circumstances everyone wants to retard the process of ageing and thereby wants to stay young, beautiful and disease-free for as many years more as possible.

One of the factors responsible for ageing is dead and devitalised food. The effect of this type of food is that the end products of this food, after the metabolic changes to which the food is subjected in the body, are definitely harmful. They accelerate the process of ageing. Chemically they are (1) Uric acid (2) Urea (3) Ammonium salts and (4) Cholesterol. Te question arises as to what are the safe end products—they are water and carbon-di-oxide.**SPROUTS RETARD THE AGEING PROCESS BECAUSE IN THEIR CASE THE END PRODUCTS ARE ONLY WATER AND CARBON-DI-OXIDE. URIC ACID, UREA, AMMONIUM SALTS AND CHOLEST TEROL** are produced in such quantities only as can be called safe limits.

II

SPROUTS SUPPLY FOOD IN A PREDIGESTED FORM

The mainstay of our food is mostly (i) Carbohydrates and (ii) Proteins so far as the bulk of the food is concerned. Their digestibility depends upon the functioning of the digestive organs of the body, production of the digestive juices in proper quantity and of the requisite strength and requirement. When there is some weakness in the body it needs some help. In most cases persons take to (1) Medicinal Enzymes (2) Some processed preserved and tinned or packed in a plastic or glass container predigested form of food.

What is predigested food ? It is that food which has already been acted upon by the enzymes. Some carbodydrates are converted into easily digestible sugars; proteins in the sai process also undergo a change thereby all or some of the essential amino acids are produced in it.

What happens in the process of sprouting ? The enzym Diastase sets to work on the carbodydrate portion of the sprouted grain or seed. This diastase splits the carbohydrates an converts them into sugar. Similarly the poteins also undergo a change and become more digestible. Thus we can say tha the process of digestion has commenced before the food enter the body. Hence it is an example of predigested food.

Sprouts. Therefore, sprouts are better digestible and als easily digestible in comparison to unsprouted ones and cooke ones. It is a mistake to consider the sprouts as somethin difficult to digest. We base this argument due to the mistake idea that uncooked things take more time to digest and ar difficult to digest. In the case of sprouts, however, the opposit is more correct—cooked Mung, cooked Gram, cooked Lenti cooked Wheat or other cooked sprouts take more time i digesting and require a more healthy and strong digestion tha uncooked fresh sprouted Mung, Gram, Lentil, Wheat etc.

This has the support of the Director, National Institut of Nutrition—his letter no END/BVRS/74-75 dated 19.7.7 HENCE WHENEVER PREDIGESTED FOOD IS INDICATED WE SHOULD TAKE SPROUTED ARTICLES.

III

EAT SPROUTS FOR ENZYMES

At one time only one food constituent was recognised—it was at the time of Hipocrates. The constituent was calle

ALIMENT by him. Then we had three constituents—Carbohydrate, Protein, Fat. Then from 1930 this list began to include vitamins also. Soon after Minerals were also added to this list. Then came water and fibre. The latest addition to this list is that of **ENZYMES.**

Enzymes are a boon for the human body. It is said that if enzymes were not there then our body will need a very high temperature for all the metabolic changes which are taking place every moment and everyday. This temperature without enzymes will be so high that the body will be burnt up. It is all due to the catalytic action of the enzymes that these changes take place at the body temperature. Some Doctors have described the action of the enzymes as similar to that of the spark plug in a car or motorcycle or scooter. In these automobiles if there is the petrol, the engine is quite new or good enough, the battery is in good condition even then the automobile will start only when the spark plug ignites the fuel and sets the engine going. Just like this is the function of these enzymes – they merely start the machine going that is all; they have also been called catalytic agents because they do not partake in the actual metabolic changes but their presence is a necessity for the change to take place.

The body must be supplied with enzymes. Bottled enzymes are a **very poor substitute** of natural enzymes. They are present in greens (uncooked), in sprouts(uncooked). It is worth mentioning that the range of the temperature in which the enzymes can live is very limtied—40 degree centigrade is upper limit and 7 degree centigrade is the lower limit. The result is **THAT THE MOMENT YOU RAISE THE TEMPERATURE TO THE BOILING WATER TEMPERATURE**

OR LOWER IT TO THE FREEZING WATER TEMPER
TURE, THE ENZYMES ARE DESTROYED.

HENCE EAT SPROUTS FOR GETTING ENZYME
THE SPROUTS SHOULD BE EATEN RAW AND UNCO
KED for optimum advantage.

IV

SPROUTS AND GAS FORMATION

The complaint of gas formation is increasing of late t
much. It is due to unwanted and unnecessary fermentati
which takes place in the digestive system of our body. It
really strange that there are thousands of medicines whi
claim to cure this gas trouble but hardly any manufactu
cares to include detailed instructions and precise hints regar
ing the food which is to be taken and the food which is to
avoided, though it is absolutely clear that food is bound
play an important part in gas formation.

A WRONG NOTION

Quite a good number of persons believe and feel that
uncooked things especially sprouts will increase this tender
of gas formation. The most funny thing about this wr
notion is that all such persons when questioned will admit t
they have never tried sprouts and they have merely heard t
sprouts increase gas formation and they feel satisfied tha
will surely happen. Well you can easily eat sprouts and t
come to a decision.

THE RESEARCH

The research goes to establish something quite cont
to this wrong motion. In Medico-chemical language we

that it is **OLIGOSACHARIDES** which are responsible for gas-formation or flatulence. The lesser is the prcentage of oligosacharides produced the lesser will be the gas trouble or gas formation. It should of course not be forgotten that gas production is a necessity, the only thing to be guarded against is that is should be produced in safe limits. The Director; National Institute of Nutrition, Hyderabad, in his letter no. PSR/Misc/77/1907 dated 25-4-77 makes it clear that as the process of germination ends and sprouting begins i. e. the white off-shoot increases with the passage of time (in about 72 hours from the soaking of the seeds), the percentage of oligosacharides is reduced by as much as 90%. **IT IS THUS CLEAR THAT SPROUTS ARE DEFINITELY ANTI-GAS-FORMATIVE.**

V

SPROUTS ARE ANTI-CONSTIPATIVE

This trouble of constipation is very rampant and has within its folds persons of every age, persons of every walk of life. psrsons who are rich as well as those who are poor, persons of practically every status and persons of both the sexes. Its effect is adverse on the body as well as on the mind—there are no two opinions about it. Some Doctors have rightly called constipation as the root cause or mother of most of the diseases. There are several ways of curing constipation—(1) Chemical (2) Simple mechanical (3) Inner mechanical (4) Yogic.

Chemcial way : Under it comes the use of medicines. The anti-constipative-medicines of Allopathic, Aurvedic and Unani systems of medicine all come under this category. Their action is chemical in nature. This chemical change is brought about in the stomach through stimulation. The basic principal is that all stimulation is undesirable and harmful, hence they should be used only on rare occasions.

Mechanical way. Under it comes the use of enema and suppositories.

Inner mechanical way and Yogic Way. It comprises of (a) Flushing (b) Use of fibre (c) Yogic exercises—(a) Just as we flush the drains with water, similarly the digestive organs are flushed by drinking simple water, or alkaline water or buttermilk. (b) Eating of such food items as are rich in fibre is the most natural, effective and permanent way of dealing with constipation. The chemistry of this is that the fibre is not absorbed by the body or to put it in other words we can say that it is not digested in the system. The result is that due to this quality it tries to go down and down and thereby acts as a remedy against constipation. Water and fibre act hand in hand. (c) Taking to Yogic exercises is also a nice way. These exercises enhance the action of water and fibre and tones up the muscles of the digestive organs. **SPROUTS HAVE LOT OF FIBRE AND WATER HENCE THEY DRIVE AWAY THE NASTY AND SINISTER AILMENT CALLED CONSTIPATION.**

VI

SPROUTS IN THE CONTEXT OF MALNUTRITION Vs. RICH FOOD

A well fed person or a person who takes a very rich foo all the 365 days of the year can be a prey of malnutrition.

is not strange ? We think that a person who does not suffer from shortage of food, who takes all sorts of costly food articles and takes them in plenty and quite a good number of times during the 24 hours can not suffer from malnutrition. It arises out of the idea that if one has enough food or plenty of food he can not suffer from malnutrition. But from a scientific, medical and nutrition point of view it is not correct. It is not the quantity alone of the food which matters, the quality and kind of food also play an important part in nutrition. Nutrition plays a distinct role both in health and disease. Nutrition implies the assimilation of the nutrients e. g. even if very good items of food rich in the essential constituents are taken, they will be of no use to the body if they are not assimilated and can therefore, result in malnutrition. The other way of looking at nutrition is that it is the sum total of all the processes and functions of the body———healthy cell development, healthy growth of the tissues, necessary repair of the body in keeping with the daily wear and tear (replenishment of the cells and tissues at the proper time, in enough quanity and of a suitable quality). There are two more significant things which are also not to be forgortten (1) Fat or no other food element should accumulate in the body (2) Those things which stimulate are **NOT AT ALL NUTRITIVE FOODS**. They are a source of useless expenditure and so result in waste of vital body-energy and power. Therefore, it is best to avoid stimulants and such food as is not rich in nutrient elements, and elements are in such a condition that they cannot be easily assimilated by the body and so lay deposited in the body for long. These are **DEAD FOODS**. **ALL** the so called rich foods belong to the category of **DEAD FOOD**. Dead Food is not rich in vitamins, minerals, fibre and enzyme. Whatever they contain is not easily assimilated, they leave deposits of fat and other ha mful elements in the body.

Sprouts belong to the category of **LIVE FOOD**; they ar full of nutritive elements and all these elements are quick assimilated, no fat or other harmful things are deposited in tl body. Hence it is necessary to eat **SPROUTS FOR GETTIN FULL NUTRITION**, for keeping malnutrition away and awa

Carvan Aug. (Second) 1978 on proteins & ageing.

Lesser proteins prevent ageing. The ageing can be slow down by taking less protein in later years of life.

The advice is contained in a report on food and nutritior research by a team of British scientists.

Experiments on animals have suggested that it is possil by dietary mens to slow down a certain biological factor wh regulates development so that animals would remain immatu physically and biochemically for an extended period.

VII

SPROUTS ARE AN EXCELLENT SOURCE OF VITAMINS AND MINERALS

It has been remarked by more than one Medical men Nutrition experts that we can fit up a vitamin factory in kitchen if we grow SPROUTS therein.

In the dry cereals, pulses, grains and seeds the vitar are there. However, the process of sprouting (Soaking, Ge nation and Sprouting) increases the quantity of vitamins several-fold. Vitamin C is the most effected vitamin, it multipiles more than six times. Then comes vitamin B complex which also increases considerably. Other vitamins are also found in the sprouts. **THUS SPROUTS ARE CAPABLE OF GIVING ALL THE IMPORTANT, USEFUL AND NECESSARY VITAMINS TO THE BODY. IT IS SAFER TO DEPEND UPON SPROUTS-VITAMINS-FACTORY SET UP IN THE KITCHEN THAN UPON THE SYNTHETIC PREPARATIONS AVAILABLE IN THE MARKET.**

It is being recognised by all that our bodies need a number of minerals. The minerals which are recongnised as useful for our body are Calcium, Iron, Phosphorus, Sodium, Potassium, Magnesium.

The most important of these are : Calcium, Iron, Phosphorus. Some of the minerals build up the bones, some minerals give tone to the nervous system, some bring about the assimilation of vitamins, protein etc. The functions in brief are as follows :—

About the minerals there is one very significant thing. It is that inorganic compounds and compounds which are not soluble in water are very difficult for the body to assimilate. **SPROUTS NOT ONLY CONTAIN A FULL SPECTRUM OF MINERALS BUT DURING THE PROCESS OF SOAKING, GERMINATION, SPROUTING, THE MINERAL SALTS PRESENT THEREN UNDERGO SIONIFICANT CHANGES WITH THE HELP OF WATER, OXYGEN, HEAT AND DARKNESS THE CHANGED COMPOUNDS PRODUCED ARE WATER SOLUBLE AND ARE EASILY ASSIMILATED BY THE BODY.**

VIII

INCREASE IN VITAMIN B-COMPLEX

As already pointed out the contents of vitamin B-Complex multiply enormously during the process of sprouting. Dr. Burkholder has made extensive research on it. He has given the figures for sprouted oats like this—

Thiamine (B_1)——— 0%
Riboflavin (B_2)———1350%
Nicotinic Acid——— 500%
Biolin ——— 50%
Pantothenica cid—- 200%
Pyridonine (B_6)——- 500%
Folic Acid ——- 600%
Inositol ——— 100%

Figures for sprouted Mung also tell a similar tale—th only difference being that the increase in Thiamine (B_1) i nearly 100%.

IX

SPROUTS ARE THE BEST AVAILABLE HEALING FOOD

Whenever the body needs the process of **HEALING** an where in the body—in the case of an ulcer, a wound due t injury or cut or an opening on account surgical operation ca ried out by the doctor, the doctor always insists that the patie should be given enough of Vitamin C. It may be advised be taken in the form of tablets or capsules or syrup or inje itons. This is the view of the medical world.

It is not too great an exaggeration to say that we are Vitamin C. It is the vital ingredient which welds the cells together and the cells are, after all, the very stuff of flesh, bones, blood and organs Without Vitamin C these things cannot maintain themselves—and without these things we cannot exist. Why is Vitamins C a healer ? It is a healer since it directly effects the tissues, the blood and the intercellular substance.

THE EXPERIMENTS

1. **New England Journal of Medicine,** September 5, 1940—With total vitamin C dificiency, failure of wound healing occured—the tissues, under microscope showed a lack of intercellular substance. Vitamin C dosages brought about good healing and considerable intercellular substance appeared within 10 days.

2. **Surgery, Gynacology and Obsteries,** Janury, 1947—A 50 percent diminution of tensile strength in healing incisions was one result of freely induced vitamin C deficiency. Unfavourable conditions such as decreased blood supply or excessive wound tension prevent primary wound healing in the absence of vitamin C.

3. **Journal of the American Medical Association,** May, 28, 1955—Ascorbic acid is the only nutrient, lack of which has been proved to delay or prevent wounds healing in man.

4. In 62 burn cases the **New York State Journal of Medicine,** October 5, 1951 reports that use of ascorbic acid shortened the interval before skin grafts could be performed, and antibiotic therapy was seldom required. Also, it stated that the use of ascorbic acid hastens the healing period and lessens the need for other therapy.

Sprouts and Vitamin C. In this process of soaking, germination and sprouting the vitamin C contents of the seeds, grains and legumes increase considerably. In most of them the increase is many fold from twice to ninefold. Secondly the assimilation of this vitamin C of the sprouts is easy for the body in comparision to the synthetic vitamin C which we get out of the tablets, capsules, syrup and injections. Thirdly, it is very easy to manufacture vitamin C through the aid of sprouts. Fourthly, it will be fresh, free from every type of contamination. Fifthly, it will be not only vitamin C alone but along with it we will be taking a number of other benefical constituents also. **SO IT CAN BE SAFELY RECOMMENDED THAT WHENEVER ONE NEEDS SOME HEALING AID IN THE FORM OF VITAMIN C ETC., THE BEST THING IS TO PATRONISE SPROUTS.** It is a matter of everybody's experience that the persons having diabetes have some difficulty in this healing process. Whenever any such emergency arises, let sprouts be used in plenty and the healing will be expedited.

Now in sprouted and germinated seeds and grains the Vitamin C content increases considerably. In some grains it increases manyfold—**MUNG** is one of them. Secondly, the assimilation of this vitamin C found in sprouted seeds etc. is easy for the body in comparison to synthetic vitamin preparations. On an average the increase is six times the vitamin C contents of the dry seed. **LET SPROUTS BE PATRONISED AS HEALING FOOD WHENNVER ANY OPENING, WOUND, CUT, ULCER ETC. NEEDS HEALING.** They are of exceptional use to persons suffering from diabetes as healers.

X

MUNG BEANS Vs. SOYABEAN SPROUTS

Here is the table showing contents of Mung sprouts and Soya Bean sprouts :—

100 GRAMS SPROUTS CONTAIN

NUTRIENTS	MUNG SPROUTS	SOYABEAN SPROUTS
PROTEIN	2.8 gm	3.0 gm
FAT	0.1 gm	0.1 gm
SUGARS	1.3 gm	2.2 gm
FIBRE	1.0 gm	0.6 gm
CALCIUM	10 mg	15 mg
SODIUM	6 mg	—
PHOSPHORUS	52 mg	36 mg
IRON	2 mg	2 mg
CAROTENE (VITAMIN A)	25 I. U.	5 I. U.
THIAMINE	.15 mg	.15 mg
RIBOFLAVIN	.06 mg	.06 mg
NIACIN	.8 mg	.8 mg
VITAMIN C	30 mg	25 mg
CALORIES	16	18

XI

SPROUTS WILL WORK WHEREVER THE BODY NEEDS VITAMIN C

The sphere of service of Vitamin C is increasing day b day. It is being used as preventive medicine as well as a trea ment for the relief of many symptoms. Only a few instanc are given below :—

Arthritis :—**Geriatics** for August, 1954, reports that pai ful arthritis shows response to Vitamin C. High Vitamin intake resulted in significant decrease in pain.

Common Cold :—Professor Dr. Linus Pauling after ca fully examining the evidence and conducting his own tests, co cludes that when properly used this naturally occurring fo substance i. e. Vitamin C is far safer than the drugs usua prescribed or recommended for cold.

Dr. H. G. Menkel writes in **Herald of Health** of Po that Vitamin C deficiency results in loss of weight and physi weakness, rapid heart and shallow rapid breathing. ble easily, low red blood count, teeth decay and brittle teeth py hoea, heart and blood vessel disease and scurvy.

Dr. W. J. McCormic wrote in **Archives of Pediat** of April, 1952 that until recently vitamin C was used onl preventive of scurvy. But it also has the powers of main ing the health and strength of the connective tissues, inclu those of the walls of the blood vessels, the muscles of the d tive tract and tissues of the bones, as well as tissues under skin. Because of these properties, Vitamin C is important for the healing of wounds, the prevention of hemorrhaging, and the building of a barrier against germ invasion. Then, too, it has a big job in the actual breathing of the tissues, and it contributes to building up disease fighters or antibodies in the blood stream. Vitamin C also neutralizes toxins in the blood—that is, it helps to build a natural immunity to infectious diseases and poisons. In addition to the remarkable preventive activity of Vitamin C, it also has great powers for **CURING** diseases.

Smoking and Vitamin C. :—Dr. W. J. M. Cormick who has to his credit remarkable work done in connection with vitamin therapy, has shown by clinical and laboratory tests that the smoking of one cigarette neutralizes in the body approximately 25 milligrams of Vitamin C. Now consider the pack-a-day or more smoker. So a smoker—even a moderate smoker—will always be short on his supply of Vitamin C.

Gums :—How fast will Vitamin C help your gums ?—in five minutes. Do you know of any other medication which works as fast as that ? Dr. Dr. Seymour Yale of the University of Illinois and his associates won the Centennial Research Award of the Chicago Dental Society for determining the speed of absorption and the exact location of this vitamin in the mouth tissues.

Vitamin C thieves :—Dr. J. I. Rodale of Emmaus, U.S.A., lists these thieves as Aspirin; Barbiturates; Lead; Aluminium; Baking soda.

Oldage weakness and diseases :—Professor Sherman of Columbia says that the decline in Vitamin C content of human tissues after the age of 45 indicates an increased rate of destruction or wastage of the Vitamin C in older people. He furthe says that the older we grow the more Vitamin C we need.

Peptic ulcers :—American Practitioner of February, 195 recommends that besides antacid treatment more consideratio be given to ascorbic acid supplementation in the therapy o peptic ulcers.

SPROUTS

So you have seen that Vitamin C plays a very importa role in the lives of human beings—from birth till death. Wh are sprouts ? Sprouts are a very handy source of this Vitami Not only that but your kitchen acts as a vitamin factory. Vitamin C multiplies in abundance. The Vitamin C which w get from the sprouts is better assimilated by our body. Sprou are food as well as medicine.

REMEMBER

Whenever there is any indication of Vitamin C needs the body **DO EAT SPROUTS FOR SUPPLYING TH VITAMIN TO THE BODY.** Even if you take it in exce there is no harm because it is not stored in the body, the exce will pass out through the urine.

XII

SPORUTED WHEAT

Dr. C. W. Bailey has carried out extensive researhes sprouts. From his researches it is learnt that wheat in u sprouted dry state contains very little Vitamin C. Howev the process of sprouting increases its Vitamin C content by 600 percent.

Regarding Vitamin B—Complex the position has been described as follows :—

Vitamins	Dry Wheat	Sprouts Wheat
Thiamine	7	9
Riboflavin	1.3	5.4
Niacin	62	103
Pantothenic Acid	7.6	12.6
Pyridoxine	2.6	4.6
Biotin	.17	.36
Folic Acid	28	106

Besides this, we have enough Vitamin E, enzymes and minerals in sprouted wheat.

XIII

SPROUTS AND ESSENTIAL AMINO ACIDS

Protein, the building block of our body is built of 22 building blocks called amino acids. Out of these 22 it has been found that 14 amino acids are such that the body is in a position to synthesize them. But the other eight amino acids are such that the human body is not in a position to synthesize them. These eight amino acids are called **ESSENTIAL AMINO ACIDS** and have to be supplied to the human body.

ESSENTIAL AMINO ACIDS

Essential for growth	Daily allowance in gram for an adult
(1) Lysine	1.6
(2) Tryptophan	0.5
(3) Phenylalanine	2.2
(4) Leucine	2.2
(5) Isoleucine	1.4
(6) Threonine	1.0
(7) Methionine	2.2
(8) Valine	1.6

These figures have been taken from Dr. Marie V. Krause's bo “Food, Nutrition and Diet Therapy”.

Lysine is the key amino acid. If it is low, the assimi tion of all other amino acids will be impaired. Its lack m lead to slow growth, anemia, reproductive problems, pneum nia, acidosis.

Tryptophan is associated with a healthy hair, healthy s and proper utilisation of B-Complex vitamins.

Phenylalanine is associated with proper utilization vitamin C and is necessary for the production of thyroxin.

Leucine and Isoleucine have a decisive influence upon function of digestive enzymes in the stomach, pancreas small intestines.

Threonine makes the build-up of the body tissues effic and thereby supports the utilisation of nutrients in the food

Methionine deals with fat metabolism. Liver degeneration and rhematic fever are due to too little methionine.

Valine is responsible for the proper functioning of the nervous system.

Sprouts are very rich in amino acids especially sunflower seeds sprouts. So patronise **SPROUTS ESPECIALLY SUNFLOWER SEEDS SPROUTS FOR AMINO ACIDS.**

XIV

SPROUTS & THE NEEDS OF THE BODY

The body needs Protein, Fat, Carbohydrates, Minerals, Vitamins, Enzymes and Fibre besides calories and water.

Protein. Proteins have been grouped in three Classes— (a) Simple (b) Compound or conjugated (c) Derived.

Fats. There are principally three types of fats—True fats (esters of fatty acids and glycerol); Lipids or fat-like substances (Phospholipids, Cerebrosides, Waxes; Sterols e. g. cholesterol.

Chemical nature. Chemically speaking fatty acids are either satured or unsaturated.

Saturated. They contain all hydrogen possible in the molecule.

Unsaturated. They can take on more hydrogen under certain conditions, varying from mono to polyunsaturated.

Carbohydrates. They are the starches and sugars of eve day use. They are composed of carbon, hydrogen and oxyge

Metabolism. Carbohydrates are the cheapest, eas obtainable and most readily digested form of fuel. They ser to spare the burning of proteins. For optimum utilisation amino acids, carbohydrates must be supplied simultaneou with the amino acids. Once in the blood stream glucose available according to priorities existing at the time for—

(a) energy purposes with complete oxidation.

(b) storage as glycogen in liver and muscles.

(c) conversion into fat.

(d) distribution in the body fluids.

Blood sugar. The consistency of blood sugar level (70 100 mg) per 100 c.c. is controlled by a number of factors.

Factors which lower it	**Factors which increase it**
Prolonged under nutrition	Excessive carbohydrates
Decreased glucose absorption	Increased glucose absorp
Increased physical exertion	Reduced exercise
Liver damage	Liver damage
Kidney trouble	Fright and anger
Hypothyroidism	Toxemias
Adrenal insufficiency	Hyperactivity of adrena corte
	Diabetes mellitus

Minerals. Of late minerals have gained great importance. Mineral elements are interrelated to each other and to the organic compounds in their functioning

Essential minerals are Calcium, Phosphorus, Potassium, Sulphur, Sodium, Chlorine, Magnesium, Iron, Manganese, Copper, Iodine, Fluorine, Silicon, Zinc.

They also tone up the body and help it—Chromium, Molybdenum, Selenium, Aluminium, Arsenic, Barium, Boron, Bromine, Cadmium, Lead, Nickel. Strontium, Vanadium.

(Dr. H. C. Sharma in Chemistry of food and nutrition—The Macmilian Company, New York).

Vitamins. Vitamins are organic food substances, needed only in minute quantities, but essential for proper growth, good maintenance of health and developing enough resistance in the body

Kinds. Thare are two kinds of vitamins—Fat soluble vitamins and water soluble vitamins.

Fat Soluble

Vit. A (carotenes) Vit. D (calciferol) Vit. E (tocopherols) Vit. K (menadione)

Water Soluble

Vit. B_1 (Thiamine) Vit. B_2 (Riboflavin) Niacin (Nicotinic acid)

Vit. B_6 (Pyridoxine) Pantothenic acid Biotin
Choline Inositol Folic acid

Folinic acid Vit. B_{12} Vit C
Vitamin P (citrin)

Enzymes. There are a number of enzymes—some act o starch, some on protein, some on fats, some on sugars. Som are given below :—

(i)	Ptyalin	acts on starch
(ii)	Rennin	acts an casein of milk
(iii)	Pepsin	acts on protein
(iv)	Lipase	acts on fats
(v)	Tropsin	acts on protein
(vi)	Steapsin	acts on fats
(vii)	Amylopsin	acts on starch
(viii)	Maltase	acts on maltose
(ix)	Sucrase	acts on sucrose
(x)	Lactase	acts on lactose
(xi)	Peptidase	acts on peptones
(xiii)	Lipase	acts on fats

(Dr. M V. Krause in "Food, Nutrition and Diet Therap"—W. Saunders Co.)

Fibre. Dietry fibre is essential to good health. Th part of the plant meterial which cannot be digested by enzymes of man's gastrointestinal tract is termed as fib Cereals especially wheat and barley supply the best fibre to body.

Previously fibre was hailed as the best anti-constipa article **ONLY** but of late it is considered an excellent item protecting the body from a number of diseases and ills.

So make it a point to have enough **FIBRE** in every meal.

Water. Water is also an import item of our daily food. Take enough water. But sip it instead of drinking it in one stroke. As far as possible do not drink water with meals. Take water either half-an-hour before meal or one hour after meal.

SPROUTS

CONTAIN ALL THESE IN PLENTY.
HENCE

DO PATRONISE SPROUTS FOR THE VARIOUS NEEDS OF THE BODY FROM A SINGLE ITEM OF FOOD.

CHAPTER 5

SPROUTS CAN REPLACE EXPENSIVE FRUITS AND VEGETABLES

The utility of fruits and vegetables is recognised by every one NOW. There was a time when sick persons were told not by laymen but by Doctors and hospitals not be eat fruits. Dr. Herbert Shelton has quoted a number of cases in his book. **THE HYGIENIC SYSTEM VOLUME II. THE NEW YORK MIRROR** warned in its issue dated 28th August, 1830 that fresh fruits should be religiously forbidden to all classes and especially to children Two years later the same paper carried the information that all fruits are dangerous and because of the

Cholera epidemic city councils prohibited their sale in t cities. The fear of the produce of gardens and orchards linge ed for a pretty long time. Till recently water-melons, mus melons, cucumbers, guavas were denounced as the cause of fev indigestion and stomach-ache. Some funny ideas had gain currency in U. K. and America and medical men also believ in them—lettuce contains opium; acid (citrus) fruits are respo sible for rheumatism and arthritis; apples derange digestio Herbert Shelten quotes in his book that an aged physician us to say that "I would rather give my patients a dose of pois than to give them apples." Thus he was daily dosing the with poison though withholding apples. As late as 1916 find Dr. Richard C. Cabot writing, "Lettuce for instance, is food practically without value—nice and pleasant to look and valuable so far as it has dressing made of oil dressing is t only thing that has any food value" Regarding tomatoes was written even in 1918 that 'Tomatoes are ninety four perc water; there is hardly any nutrition in them"

It was with the discovery of vitamins that the medi profession lost its fear of germs while taking raw lettuce (wh is now taken raw throughout the world), spinach, tomato citrus fruits. Thus the value of fruits and vegetables w recognised quite recently. The "biochemists" discovered t lettuce, cellery, tomatoes, cabbages, oranges and other cit fruits are really very valuable foods. This really shocked old men of the medical world. To their dismay these bioc mists also declared that white flour preparations, all fried a cles, processed and preserved items of food are very inte when compared with fruits and vegetables. Thus came the of obtaining vitamins and minerals from fruits and vegeta due to the labours of "biochemists".

FRUITS

Fruits are rich in alkaline minerals, vitamins and organic acids. Sweet fruits are rich in sugars of a predigested nature which are digested very easily and give energy to the body with very little expenditure of energy in digestion. Fruit sugar is far better that starch. Fruits are specially rich in levulose which is the best sugar and is instantly absorbed and assimilated by the body. It is due to this sugar that fruit juices are so refreshing to a tired person. Sweet fruits are thus the best source of sugar–Bananas, Figs, Raisins, Currants, Dates, Mangoes, Papaya, Chikoo, Sweet lemons, Grapes, Apricots, Prunes etc.

VEGETABLES

Vegetable are the plants which are produced for their edible portions—leaves, stems, pods, buds, flowers, roots and tubers, seeds and fruits; some examples are given below :—

Leaves :—

Spinach, lettuce, celery, fenugreek, mint, coriander, **BATHUA**, amaranth, beet greens, turnip-greens, radish-greens, Cabbage, mustard-greens, gram greens.

Stems :—

Lotus stems, spineless cactus stems, banana tree stems etc.

Roots and tubers :—

Potatoes, sweet potatoes, turnips, beetroots, carrots, onions, garlic, artichoke, colocasia (Arvi) elephant's foot (Zamikand), yam, non-dry ginger, tumeric (haldi).

Buds and flowers :—

Cauliflower. Drumstick flowers, **KACHNAL** flowers.

Seeds :—

Beans, peas, cluster beans, french beans.

Fruits : --

Tomatoes, peppers, Tori, pumpkin, brinjal, ladie fingers, Tinda, bitter gourd (Karela). jack fruit, Parwa **KAKORE, KUNDRU ETC.**

Green vegetables are the richest sources of minerals an vitamins. Besides this, all green leaves contain an excess o alkaline salts. It has been rightly said that green leave contain a wonderful chemical-laboratory which prepare substances necessary for the growth, maintenance of the bod and for fighting the toxity that may develop in the organ tissues and blood of the body.

AT PRESENT

Contamination has become very rampant now. If not an thing else all the vegetables and fruits contain a fair amount D.D.T. and other insecticides and/or preservatives. Secondl fruits do not get the advantage of sun rays as they are plucke quite raw. Deterioration and contamination further takes pla in the process of storing, transportation, ripening, preservi and saving them from the attack of insects.

THE WAY OUT

The safest, easiest, practical and best way of getting t advantage of fruits, vegetables and leaves is to switch on **SPROUTS. THE SPROUTS ARE FREE FROM ALL T**

DRAWBACKS WHICH THE PRESENT DAY FRUITS, VEGETABLES AND LEAVES POSSESS. YET THEY SUPPLY ALL THE NUTRIENTS WHICH THEY GIVE. NOT ONLY THAT SPROUTS ARE MORE "LIVE"—THE PULSATING LIFE CAN BE SEEN BY EVERY ONE IN THE FORM OF BEAUTIFUL GROWING WHITE SPROUTS.

CHAPTER 6

THE VITAMIN FACTORY AT WORK IN THE KITCHEN

WHAT TO SPROUT ? HOW TO SPROUT ?

The basic principle is that all edible grains, seeds and legumes can be sprouted. The articles which are selected for sprouts have to be selected on the basis of two things—(1) The special food constituents which are needed by the body and we have to replenish the same from the sprouts (2) The convenience which is available and the articles which will sprout under those circumstances, conditions etc. In short the following is the list of some grains, seeds and legumes which are generally sprouted or which can be sprouted :—

(i) Wheat, Mung, Lentil, Moth, Gram, Barley,
Bean, Peas, Groundnut, Buckwheat etc.

(ii) Alfalfa seeds, Radish seeds, Fenugreek
Sesame seeds, Cabbage seeds, Carrot seeds, Eggplant
Coriander, Spinach seeds, Pumpkin seeds, Maskmelon
Tomato seeds, Turnip seeds Anise seeds etc.

THE PROCESS OF SPROUTING

Before considering the details of the method of spr
it will be worthwhile to understand the technique of th
cess of sprouting. Just consider what happens when a
put in the ground for germination. There are some c
changes to which it is put, there are some definite requir
of the seeds which have to be fulfilled before the see
germinate. (1) The seed requires enough water so that
swell. (2) The swelled seed requires enough air. (3) Th
requirement is that of slightly higher temperature th
atmospheric temperature. (4) The last requirement is o
darkness. Thus we see that the first step is that of soak
after that if all the necessary factors as mentioned abo
present along with viable good seeds capable of germ
then only the germination will take place. After germ
the process of sprouting comes into play.

THE STEPS OF SPROUTING

We have the dry grains, seeds and legumes as the
material. We have to prepare the sprouts out of then
first step is of soaking them in water. The second step
of taking them out of water when they are fully s
water—they swell in size and reach the maximum in s

third step is of keeping them in such a way that they get moisture, air, heat and darkness--these should be just enough, if it is not enough, the soaked articles will dehydrate and begin to decay. On the other hand if they are more then they can rot or ferment.

WHY SEEDS FAIL TO GERMINATE AT TIMES

At times germination does not take place. There are several reasons for the same. Either one or several of them may be responsible in a particular case for this failure. The main types of failures can be put down as follows :—

(i) The seeds remain as they were after their being soaked.
(ii) The seeds begin to rot.
(iii) The seeds begin to ferment.
(iv) The seeds begin to moulder.
(v) The seeds dry up.

Why is it so ? Well the factors which are responsible for germination are water, air, heat and darkness. When all these are present in the required amount then only germination can take place. If it does not take place or takes place unsatisfactrily just examine everything carefully to find out the fault or the slip. Some of the causes can be listed as—(i) Insufficient water (ii) Too much water (iii) Lack of sufficient air (iv) Lack of fresh air (v) Either too cold or too hot surroundings (vi) Too much light (vii) Old seeds (viii) Seeds had been improperly stored (ix) Seeds were not of a good quality (x) Seeds were too fresh. Freshly picked seeds will also not germinate properly. One of these or a number of these causes can bring about poor germination or no germination at all.

How much air ? How much water ? At what temperature ? The replies to these differ from seed to seed, from season to season,, from altitude of the place to altitude. Experience is a great teacher—well just take the advantage of experience of others or hit at the correct things after your own experiences. The basic principles are (a) the smaller the seed lesser time wil it take for soaking as well as for germination (b) the chillin cold or saltish heat is to be counteracted by supplying artificial warmth or cold. (c) the seeds for germination mus remain moist with the help of a wet covering. During ho season water has to be sprinkled now and then. (d) the vessel and the coverings etc. must all be kept very clean–they shoul be washed every day and then exposed to direct rays of th Sun. It is better to keep two or three sets of these. (e) th place chosen for keeping soaked seed for germination must b somewhat dark.

Viable seeds. (1) One hint for purchasing viable seed is to purchase highest qualtity, seed-quality mung etc. In th market we have food-quality seeds and seed-quality seeds. Yo have to search out and procure seed-quality articles. You wil find that the germination percentage of seed-quality article will definitely be higher than that of food-quality articles.

(2) Too fresh seeds sometimes do not germinate well an the percentege of germination is very low. Let us make thes seeds old. The method is quite simple. Let the seeds b exposed to bright sun during day and to open air and dew du ing night. It comes to this that if the seeds are new i. e. qui fresh from the field, they should be soaked in water for 10 hou and then spread out on a clean piece of cloth and exposed sun during the day and exposed to open night atmosphe during night. This exposure is to be repeated for a week.

CHAPTER 7

HOW TO EAT SPROUTS

You have read enough about the sprouts. Are you anxious and keen to know something about their use on the dining table and in the kitchen? May I again emphasise that let sprouts be used by all the members of the family including babies and children, guests, relations and friends? They are wonderfully rich in all the necessary constituents of the food required by our body, it is the most complete food, it is the best rejuvenating food, it is cheaper than the traditional food, it is the only safe food during these days of infection, contamination, insecticides etc. **REMEMBER THAT EATING OF RAW, UNCOOKED SPROUTS IS THE BEST. YET IT CAN BE EATEN IN A NUMER OF OTHER WAYS AND IT MAINTAINS ITS QUALITIES TO SOME EXTENT IN ALL THESE OTHER PREPARATIONS AS WELL. BESIDES THIS, SPROUTS IN ALL THESE PREPARATIONS ALSO CONTAIN MUCH MORE THAN THE PREPARATIONS PREPARED OUT OF UNSPROUTED GRAINS, SEEDS AND LEGUMES.** The list of preparations is by no means an exhaustive one, it is merely suggestive and indicative- When once its use is started in the kitchen and on the dining table, a number of preparations will suggest to the housewife and she will go on adding more and more to her list.

1. RAW AND UNCOOKED

The best way of using sprouts with a view to get optimun advantage is to use them raw, just as they come up withou salt, spices, lemon juice, greens etc. and uncooked. They ca be taken in the breakfast, in the lunch, as afternoon snacks an in the dinner. The sprouts are to be rinsed three or four time with water in a shallow vessel. However care be taken that th shells or skins are not thrown away or discarded.

2. AS PASTE

It is best for babies, children and old people. Fresh, ra sprouts are ground down to a paste after adding Raisins Munakka or Dates, poppy seeds, muskmelon seeds pumpk seeds and sesame seeds. It can be taken by all with adva tage

3. AS MILK

This is also very nice for the old people, babies a children. It can of course be taken by all others as well. T paste prepared in no. 2 can be diluted with water or with m and water to give us the milk of sprouts. If necessary, so sweetener may be added to it. It is better not to boil it.

4. WITH SALADS

The raw uncooked sprouts are mixed with green sa principally of greens e.g. spinach, amaranth, coriander. T leaves, curry leaves, radish leaves, turnip leaves, beetroot lea cabbage, beet root, pieces of non-dry ginger (ADRAK), gra carrot, grated radish, grated turnip etc. Salt (black as we ordinary white one), Zeera, Hing, Garm Masala, Kali Mirch may be added to taste. Green capsicum i. e. green chillies may be added if necessary. It may be dressed with lemon juice or curd or lemon juice with curd or tamarind (IMLI) sauce.

5. WITH GREEN SAUCE

Green sauce is prepared by grinding down greens with the sprouts Viz. spinach, amaranth, coriander, mint, Tulsi leaves, curry leaves, cabbage, beet root, beet root leaves, turnip leaves, til, adrak, green chillies if necessary, Hing, Zeera, Garm Masala, Kali Mirch, etc. Lemon juice is added according to taste. Sprouts may be taken with it.

6. WITH HONEY

Sprouts can be taken with honey. It is best to take it in this from in the breakfast or as afternoon snacks.

7. WITH FRUITS

Sprouts may be taken with fruits in two ways. One way is to mix cut fruits with the sprouts and take them. The other way is to mix the sprouts with fruit juices or fruit scrambles. The fruits which are generally used are given here, however other fruits specially which are juicy can also be used. Mango, juicy-dry-dates, Papaya, Banana, ripe Jack fruit, guava, apple, pear, etc. This can be used in the breakfast, with the lunch, with afternoon snacks, with the dinner. It can take the place of the sweet dish.

8. WITH EGGS

Raw and uncooked or slightly boiled sprouts can be tak with scrambled egg or omlet. It is a nice breakfast dish.

9. SANDWICH SPREADS

Sprouts can be blended into sandwich spreads. The sandwiches become tasty and more nutritious.

10. STUFFED ROTIS AND PARAVITHAS

Sprouts can be blended into **ROTIS AND PARAVTH** stuffing. They can also form part of the stuffing of Masa Dosas. Sprouts poste can be mixed with the dough for **ROT & PARAVTHAS.**

11. WITH SOAKED DRY FRUITS

Sprouts can be taken with water soaked dry fruits li dates, raisins, dry figs, currants etc. It is a very nice dish wh you are feeling exhausted and tired.

12. FOR DRESSING UPMA, POHA, DHOKLA

Upma, Poha, Dhokla may be dressed with sprouts. raw and uncooked sprouts are used it is the best. Howe steam boiled, water boiled sprouts can also be used.

13. WITH VEGETABLES AND DAL

When vegetables/Dals are being cooked and they ready to be removed from the fire, put in a handful of sprou (preferably raw and udcooked) and remove the vessel from t fire. The vegetable/Dal becomes enriched with vitamins a minerals. Sprouts and green coriander can also be used a dressing for vegetable/Dal.

14. CAN BE STEWED

Sprouts can be stewed lightly with tomatoes; sweet potatoes; pumpkin. Thereby the preparation becomes enriched with vitamins and minerals.

15. AS FLOUR

Sprouted cereals such as wheat, barley, gram, maize, bajra, jowar are dried and then turned into flour. This flour can be used like ordinary flour for preparing Rotis, Paravathas, Puris, Kachories, Sweets, Namkin etc.

16. STEAMED

Sprouts can be steamed to make them soft and then used in various ways.

17. BOILED AND COOKED

Sprouts can also be boiled with minimum water till they become soft. The water in which they are boiled should not be thrown. These sprouts can be turned into a vegetable dish salad dish, sprout fruit dish etc.

18. FRIED VEGETABLE

Boiled sprouts (As in no. (17) are fried and used with spices etc. This preparation can contain enough soup or can be in a fairly dry or quite dry state. It can be used as a separate delicious dish or as a vegetable.

19. DEEP FRYING

Raw and uncooked sprouts or boiled sprouts of No. 17

are deep fried in enough oil/vegetable product/Ghee butter. becomes a nice breakfast dish or an afternoon snacks dish.

20. SPECIAL PREPARATIONS

Raw and uncooked sprouts (Mung, Moth, Urd, Len Gram, Peas, Soya Bean) are ground down into a thick pas Preparations like Pakories, Idli, Dausa. Dhokla, Chila, Vad Baras etc. are prepared out it. (Note—in some cases the pa or the dough has to be kept aside for fermentation before it used).

21. SWEETS

Sweets have their own charm. Sweets can be prepar out of the flour prepared under no. 15 and the paste prepar under no. 20. Some typical sweets may be mentioned here (1) Ladoos (2) Barfi (3) Kheer—For Ladoos fry the flour or paste in Ghee/vegetable product/oil, then after adding sweetener press them in the form of Ladoos For Barfi flour or the paste along with **MAWA**, add sugar or su **CHASNI** and spread it out in shallow Plates. For Kheer t raw sprouted soyabean, Urd, Mung etc., fry them lightly add the same to boiling milk (if it is prepared in a pres cooker it would be still better). Add sweetener; while ser add finely chopped **PISTA** and **BARA ELAYCHI**. Only t typical sweets have been given, others can also be thought and devised. Sprouts can also be used without frying i kheer.

22. BOILED SPROUTS AND FRUITS

Sprouted articles are lightly boiled till the grains be soft. Then they are boiled further after adding salt, spice To this are added various fruits as per taste. For dressin lemon juice or/and tamarind paste. The green sauce given under number 5 can also be used. Tomato sauce can also be used for dressing separately or over other dressings.

23. POP-SPROUTS

Just like pop-corns, dried sprouts can be parched and turned into pop-sprouts.

SPROUTS RAW OR COOKED

It has been stated and asserted in this book again and again that undcooked raw sprouts are far better than cooked sprouts. IT is so in the case of all sprouts. Just try it youself-there are three possibilities :—

(i) You cook unsprouted Mung.

(ii) you cook sprouted Mung.

(iii) you eat sprouted, raw and uncooked Mung.

Out of these (iii) is the best, then comes (ii) and (i) is the least nutritive of these three.

Here is the table from United State Department of Agriculture Hand book No. 8 Well study it carefully. The nutrients are given for 100 gms of sprouts.

Nutrients		Mung Sprouts		Soya Bean Sprou	
		Raw	Cooked	Raw	Cooke
Fat	gm.	0.2	0.2	1.4	1.4
Protein	gm.	3.8	3.2	6.2	5.3
Carbohydrate	gm.	6.6	5.2	5.3	3.7
Water	gm.	88.8	91.0	86.3	89.0
Calories		35	28	46	38
Vitamin C	mg.	19	6	13	4
Vitamin B_1	mg.	0.13	0.09	0.23	0.1
Vitamin B_2	mg.	0.13	0.10	0.20	0.1
Niacin	mg.	0.8	0.7	0.8	0.7
Vitamin A	I. U.	20	20	80	80
Calcium	mg.	19	17	48	43
Phosphorus	mg.	64	48	67	50
Iron	mg.	1.3	0.9	1.0	0.7
Sodium	mg.	5	4	—	—
Potassium	mg.	223	156	—	—

CHAPTER 8

SOME PRACTICAL TIPS REGARDING KITCHEN VITAMIN FACTORY

THE FACTORY

Purpose of the Factory. To produce a vegetable worth eating that will grow in any climate, will rival every other thing in its nutritional value, will mature in three to five days, requires neither soil nor sunshine, will rival all in Vitamin C content, will be free of waste in preparation and which can be eaten directly wihout preparation. In other words to produce **SPROUTS**, which answer to all the above requirements.

Location of the Factory. The factory will be located in the house kitchen as it is.

Machinery and Tools. The usual kitchen utensils and appliances.

Man Power. No extra man power is needed.

Capital expenditure. Nil.

Running expenditure. Nominal the cost of the raw material.

Raw material. All edible grains, legumes and seeds can be used for sprouts, e. g. wheat; gram; buckwheat; barley;

oats; mung beans, moth beans; lentil; peas, soya beans; grou
nuts; sesame seeds; radish seeds; mustard sseds; carrot s
brinjal seeds; coriander seeds; anise seeds; turnip seeds, spi
seeds amaranth seeds, etc.

PREPARATION FOR SOAKING

(a) **Cleaning the raw material.** Clean it well by ta
out worm eaten ones; by taking out those which appear
velled and having slow stunted growth; by taking out
lumps and small pebbles; by taking out chaff; by taking
other foreign and undesirable things.

(b) **Washing and rinsing.** Wash them well with wat
a basin. While washing them rub them with fingers or a
piece of cloth or a soft brush. This washing and rinsi
to be done four times.

SOAKING

(a) They are now ready to be soaked.

(b) The vessel chosen for soaking must be spotlessl
and dry. It may be of stainless steel or glass or s
porcelain. It should not be made of aluminium. Tw
precautions are necessary—after use it should be well
with water and a weak solution of Potassium Perma
and dried in the sun.

(c) Fill one-fourth of the vessel with the thin
sprouted and the rest is to be filled with water Wh
is the facility of well water, fresh well water will be best
(In some cities the city water supply is fed from wells).

the chileing cold months use slightly lukeworm water at the fresh well water temperature. The vessel be covered with a cloth or plate and kept aside in a cuboard or on the kitchen table or in some corner of the kitchen. It should neither be exposed to the chilling nor burning hot winds. Besides this, it should not be too close to the fire place.

GERMINATION AND SPORUTING

(a) This process of soaking will make the grains, seeds or legumes fatty, pulpy and full of water. They are now ready for germination.

(b) Drain out the water through a sieve and collect it in a vessel. This water is not to be thrown away since it is very rich in vitamins and minerals. It can be used for drinking, can be added to the flour while kneading it, can be added to the DAL, vegetables or rice. It can also be added to the green sauce prepared out of greens.

(c) The next step is to carefully remove those grains etc. which have remainded uneffected by water and have neither become soft nor fat. For it, take help from the process of decanting. In case all the stony hard ones have not been removed, they are to be picked out by spreading the soaked seeds etc. on a plate or tray.

(d) Now wash and rinse well in a basin with clean cold water. Of course care should be taken not to rub them with fingers lest the skins may get separated. At this stage care may also be taken to take out the stony hard seeds etc. by decanting or picking, if there be any.

(e) They are now ready for the next process of germ tion.

(f) They are to be kept away from water, yet they req moisture besides air, warmth and darkness.

(g) They are kept in a clean plastic basket having h and perforation at the bottom and all around, or in a neat b boo basket with loose knitting so as to allow air to pass thro They are now covered with a thick rough wet cotton cloth wet thick hessian cloth. The cotton cloth or the hessian cl be well spread in two or three folds.

(h) There is another way also—it is that the grain, se etc. are tied in a thick rough wet cotton or a wet thick hes cloth. This is hung at a safe place away from the exces heat or cold or the fire place.

(i) The methods mentioned in (g) and (h) both w nicely. Precaution has to be taken to keep the cloth we sprinkling water, if necessary, now and then. The tempera should be slightly above the outside temperature. The p should be somewhat dark.

(j) The grains and seeds will first germinate and the its continuation the process of sprouting will commence continue.

THE FINISHED PLODUCT

(a) When it is felt that the sprouts are sufficiently and you want to stop the process, just wash them with cold water in a basin and they are ready to be utilised.

(b) Howeber, if you want to preserve them for a day or two they may be stored in the refrigerator. In case the refrigerator is not at hand, they can be preserved in water—the water should be as less as possible and this water is also to be used since it is rich in vitamins and minerals.

(c) Expose the sprouts to sunlight for 5 to 7 minutes before serving or using them—it will increase its chlorophyll contents. If possible and convenient the time of exposure may be increased to ten to fifteen minutes.

JUST REMEMBER

Just take help from these practical tips and your kitchen vitamin factory will work nicely. One more thing, experience is also a great teacher. When once you start your vitamin factory necessary hints will come to you as and when necessary. The attempt should be to try to imrove the technique with a view to get the best possible results.

* * *

Mahatma Gandhiji wrote in HARIJAN

Take leaves SARSAON, SUVA, turnip-tops radish-tops, carrot-tops and pea-plant-leaves. It is a waste of money and 'good' taste to cook leaves and the tubers (radish, turnip, carrot etc.). The vitamins contained in these vegetables are wholly or partialy lost in cooking. I have called cooking these waste of 'good' taste because the uncooked vegetables have natural good taste of their own which is destroyed by cooking,

CHAPTER 9

THIS IS WHAT THE EXPERTS SAY !

This chapter begins with the views of Mahatma Gand
who had carried out extensive experiments on diet and fo
There was one great thing about all his experiments that
tried them without any prejuidice and very honestly.
uncooked food he had coined the word 'unfired food'.

EXPERTS SAY

Both wheat and gram germinate in 36 hours. The gr
is soaked in water for twentyfour hours. The water is th
strained. The grain is then left in a piece of wet Khadi ov
night. You find it sprouting in the morning ready for
Those who have sound teeth need not pound the grain at all

GANDHIJI'S DIET

I generally take—8 tolas of germinating wheat; 8 tola
sweet almonds reduced to a paste; 8 tolas of green leaves pou
ed; 6 sour lemons and 2 ounces of honey. Wheat is repla
twice or thrice or during the week by an equal quantity
germinating gram.

M. K. G. in **Young India**, 13.6.1

GANDHIJI ABOUT DIGESTIBILITY OF SPROUTS

There is no difficulty about digesting uncooked sprou
grains and pulses and uncooked green vegetables.

In the majority of cases weight has been lost, but
medical authorities who favour unfired food assert that the
of weight is a healthy reaction up to a point and is a sig
the body throwing off poisonous matter.

GANDHIJI ABOUT CLEARER BRAIN & CALMNESS

Almost every one of us has experienced a clearer brain power and refreshing calmness of spirit (after taking unfired food).

M. K. G. in **Young India**, 8.8.1929

I have been laid low……………I call the failure apparent because I have the same faith in unfired food to-day that I first had nearly forty years ago. The failure is due to my ignorance of the practice of unfired food and of right combination. Some of its good results are really striking.

M. K. G. in **Young India**, 22.8.1929

GANDHIJI ABOUT SALADS

An ounce or two of salads serve the purpose of eight ounce of cooked vegetables. Chapatis or bread should not be eaten with milk. To begin with, one meal may be of raw vegetables with chapati or bread and the other may be of cooked vegetables.

M. K. G. in **Harijan**, 25.1·1942

GANDHIJI ABOUT GREEN LEAVES

(1) Take up any modern text-book on food or vitamins and you would find in it a strong recommendation to take a few edible green leaves uncooked at every meal. Of course. these should always be well washed half a dozen times to remove all dirt.

(2) The addition of green leaves to the meals will enable persons to avoid many diseases from which they are now suffering. Persons mostly take dal and rice or roti with plenty of chilies. This food is deficient in vitamins; many of which can be supplied by fresh green uncooked leaves.

(3) For the last five months I have been taking green leaves in place of cooked leaves or other vegetables.

(4) I had introduced to me the leaves of Sarsaon, su turnip-tops, radish-tops, carrot-tops and pea-plant leaves. sides these, it is hardly necessary to state that the radish; turn and carrot tubers are also known to be edible in their raw sta It is waste of money and ‘good’ taste to cook these leaves a tubers. The vitamins contained in these vegetables are who or partially lost in cooking. I have called cooking these wa of ‘good’ taste, because the uncooked vegetables have a natu good taste of their own which is destroyed by cooking.

M. K. G. in **Harijan**, 15.2.19

LIFE IN FOOD

It is not the food in your life—but the **LIFE** in your fo that counts. Displayed in a London Health Cen

RAW FOOD WITH COOKED FOOD

Although raw food is the best, those who are not rea for a completely raw diet, may add raw uncooked sprouts all cooked dishes just before serving. Even this will soon res in important improvement in health.

Viktoras Kulvinskas, M.

DOCTOR OF THE FUTURE

The doctor of the future will give no medicine but w interest his patients in the care of the human frame, in di and in the cause and prevention of disease.

Thomas A. Edis

SOAK WATER OF SPROUTS

The soak water of the sprouts of all the seeds etc. is ri in water soluble minerals and vitamins. Alfalfa and fenugre soak water make a delicious tea.

SUGAR DURING SPROUTING

During sprouting starch is converted to simple suga protein is converted into amino acids—sprouts are th predigested food. Sprouts are thus easily and completely assimilated by the body. Vitamins and enzymes content increase tremendously.

SPROUTS VERY ECONOMICAL

Sprouts are a very economical food, one kilogram of seeds etc. can be converted to six kilograms of sprouts. For a nutritionally complete meal, sprout a mixture of alfalfa, sunflower, mung and lentil.

Viktoras Kulvinskas, M. S.

ENZYMESS

To–day's Health informs its readers that without enzymes man cannot digest his food, breathe, move muscles, reproduce or perform any of the body's functions normally. Living Food is the only substance that can supply the necessary enzymes to keep us healthy and youthful. Fresh fruits and uncooked greens, vegetables and sprouts supply us enzymes. When cooked, 83 per cent of nutrients are killed or made useless. This cooked food is the main reason for all sickness.

Dr. Ann Wigmore

VITAMIN IN SPROUTS

Vitamin C value during sprouting period is increased by 600%.

Dr. C. W· Bailey

VITAMIN E TRIPLES DURING SPOUTING

During the process of sprouting wheat, the low quality of the prolamin protein in the glutin is converted to the high quality of the sprout, as it is the germ that becomes the sprout.

Total protein will increase about 2½ times in the process of sprouting, so that you can produce food of excellent nutritional value simply by sprouting. The vitamin content also soars high due to the same process.

Although wheat is one of the highest sources of Vitamin E, the sprouting process triples its content.

SUGAR IN WHEAT SPROUTS

During sprouting of wheat sucrose content increases twc
fold, maltose sixtyfold, the glucodifructose fourfold, and raff
nose threefold, thus making sprouted wheat an inexpensiv
quick-energy food. Dr. Ann Wigmo

SPROUTS ANSWER THE ADVERTISEMENT

WANTED ! A vegetable that will grow in any climat
will rival meat in nutrional value, will mature in three to fi
days, may be planted any day of the year, requires neither sc
nor sunshine, rivals all in vitamin C, is free of waste in prep
ration and which can be eaten directly without preparatio
THIS VEGETABLE IS SPROUTS. DR. C. M. McC

COMPLETE FOOD

By mixing the sprouts of wheat, Mung, gram and sesam
you are sure of getting not only a complete protein, but also
complete food, if it is supplemented with some greens.

Dr. Ann Wigmc

Note .—Sesame is the queen of all oil bearing seeds. It is superic
to many seeds because of its high content of calcium ar
amino acids. As per U. S. A. Dedartment of Agricuiture
book Compositions of Foods, Handbook no. 8, it contai
ten times more calcium than cow's milk, one and a ha
times more iron than beef liver; three times more phos
horus than eggs; more niacian (the brain food) than in who
wheat bread, chicken or bacon.

VITAMIN C IN SPROUTS

Fresh meat and milk contain a little vitamin C. Pul
and cereal grains in the dry state do not normally conta
vitamin C. When, however, they are allowed to sprout
germinate, the vitamin is formed in the grain and in the gro
ing sprouts. About 85 per cent of the vitamin is percent in
grain and only 15 per cent in the shoot. Sprouting is a proc
wherein the grains are, after a preliminary soaking in water
about 24 hourse, spread out on damp earth or damp blan
and covered over with a moist cloth. In 2 or 3 days, the gr

germinate with half to three quarters of an inch of sprouts. The germinated grain should be cosumed either raw or after cooking for a minimum period. Usually during prolonged drought and consequent famine, scurvy is about the first deficiency disease to make its appearance. It would be difficult to provide adequate amounts of fruits and fresh vegetables in such areas. **Sprouted grains be used then as a cheap and easily available source of Vitamin C.** The one commonly employed is sprouted Bengal gram (Cicer arietinum). Its efficacy in preventing scurvy has been more than once demonstrated in famine areas in India. **Sprouted Bengal gram is by no means the best source of vitamin C among sprouted grains; sprouted mung (Phaseolus radiatus) or green gram is about three times more potent in vitamin C than sprouted Bengal gram.**

Nutritive Value of Indian Foods.

CHAPTER 10

RECOMMENDED DAILY ALLOWANCES

The Nurtition Advisory Committee of the Indian Council of Medical Research, in 1944, recommended dietary allowances for various nutrients for different population groups. These allowances were based partly on recommendations of the League of Nations, the National Research Council of the U.S.A., the National Research Council of Canada and the Medical Research Council of the United Kingdom & partly on data collected by Indian workers.

Research work carried out in India, during this period o the nutrient requirements of Indians justified the undertaking c a revision of the recommended allowances on the basis of India data.

IN 1968

The Nutrition Expert Group of the Indian Council c Medical Research, at its meeting held at the Nutrition Researc Laboratories in June, 1968, formulated recommendations rega ding dietry allowances of calories, proteins, fat, calcium, iro Vitamin A, thiamine, riboflavin, niacin, ascorbic acid, Vitam B_{12}, folic acid and vitamin D for Indians. The group al recommended balanced diets for different groups based on the nutrient allowances. These recommendations are given he in the form of Tables.

THESE TABLES

These Tables contain lot of valuable and helpful inform tion. **THE MAIN ITEMS OF FOOD WHICH WE MISS MOST OF THE FAMILIES ARE** Green leafy vegetabl The other note-worthy thing is that the quantity recommend of Green leafy vegetables is more than that of the other th items of this group i. e. other vegetables; roots and tubers a fruits.

Do study these Tables very carefully and try to adj your daily food in its light and the facts mentioned in the bo in your hands.

Footnotes to the Table on Daily Allowances of Nutrients for Indians (i. e. Table 2)

1. **Calories :**

   (a) Calories allowance for heavy work does not inc work under special conditions like high altitude.

2. Protein :

(a) Adult allowance corresponds to 1 gm./kg. of dietary protein of N. P. U. 65.

(b) Infant allowance during 0-6 months is in terms of milk proteins. During 7-12 months, part of protein intake will be in the from of milk, and supplementary feeding will be derived from vegetable proteins. Total daily protein allowance is calculated from the ideal weight. Protein allowances during infancy will be :—

0—3 months	2.3 gm./kg.
3—6 months	1.8 gm./kg.
6—9 months	1.8 gm./kg.
9—12 months	1.5 gm./kg.

(c) Allowances for children and adolescents have been computed using body-weights as obtained in the well-nourised groups and assuming N. P. U. of 50 for the dietary proteins.

3. Calcium :

In the absence of precise information on calcium requirement of different groups, a range of allowance has been suggested.

(a) Calcium allowance for infants 0–6 months will be for artificially fed infants. Calcium intake from breast milk will, however, satisfy the needs of breast-fed infants upto 6 months.

. Iron :

(a) This allowance of 30 mg. iron is for adult woman

during her premenopausal period. For the p
menopausal woman, iron allowance is the sam
for man.

(b) This allowance for pregnant woman will be throu
out pregnancy.

(c) This allowance is for lactating woman who is
menstruating. If a woman is lactating and a
menstruating her iron allowance will be 35 mg /c

5. Vitamin A :

Dietary allowance for Vitamin A is given in term
retinol (Vitamin A alcohol) and β—carotene. Either of th
is used, depending upon the dietary source of vitamin.
factor to be used to convert β–carotene to retinol is :

1 μg. of β-carotene $=$ 0.25 μg. of retinol.

If the diet contains both Vitamin A and β–carotene,
content can be expressed as retinol. using the following
mulae :

(i) Retinol content μg. $=$

μg. retinol $+$ μg. β-carotene x 0.25 if the reti
and β-carotene content of foods are given as μg
the food composition tables.

(ii) Retinol content (μg.) $=$

vitamin A (I. U.) x 0.3 $+$ β–carotene (I. U.) x
if the Vitamin A and carotene values are give
terms of International Units.

6, 7, 8. Thiamine, Riboflavin and Nicotinic acid :

The daily allowances of these three vitamins are relate
caloric intake. The basic allowances per 1000 calories are:

Thiamin=0.5 mg., Riboflavin=0.55 gm., and Niacin= 6.6 mg. niacin equivalents.

Niacin allowance includes contribution from dietary tryptopan 60 hmg. trytophan being equal to 1 mg. of niacin.

Niacin equivalents in a diet are computed as follows :
Niacin equivalents (mg.)=Niacin content (mg.)

$$+ \frac{\text{tryptophan content (mg.)}}{60}$$

9. Folic Acid :

Dietary allowance of folic acid will be in terms of free folic acid (**L. casi** activity) present in foods.

(a) Folic acid requirement appears to be considerably increased during pregnancy. Since the exact requirement is not known, a range, rather than a single figure, has been suggested for the daily allowance of folic acid during pregnancy.

10. Vitamin B_{12} :

Vitamin B_{12} is derived mainly from foods of animal origin.

11. Vitamin D :

Since the exact requirement of Vitamine D is not known, an arbitrary allowance of 200 I.U./day is made. This allowance is in addition to some amount of Vitamin D that might be derived from exposure to sunlight.

12. Fats :

Since human requirement of fat is not known, specific allowance is recommended. A desirable range for in the diet is, however, indicated. Diet should contain least 15 gm. fat derived from vegetable oils like sesa safflower or groundnut. It is also desirable that calo derived from fat in the daily diet should not exceed 30% total calories. IT IS NECESSARY TO KEEP THESE FAC ABOUT FAT IN MIND.

TABLE 1

Nutritive value of soya bean, groundnut milks as compared with cow's milk

(value per 100 gm.)

Nutrients	Soya bean milk	Groundnut milk	Co m
Protein (gm.)	4.2	3.0	3.
Fat (gm.)	2.4	5.2	4.
Carbohydrate (gm.)	3.2	3.1	4.
Calcium (gm.)	0.08	0.11	0.
Phosphorus (gm.)	0.104	0.102	0.
Iron (mg.)	1.2	1.47	0.
Calorific value	51	71	75
Thiamine (mg)	0.042	0.085	0.
Riboflavin (mg)	0.04	0.03	0.
Nicotinic acid (mg)	0.24	1.11	0.

Note:—Content of vitamins and minerals in Soya bean and Grou milk will increase on using sprouted Soya bean and Ground

(C. F. T. R. I. M

E 3

for Audlt Man

tary	Moderate Work	Heavy Work
rian	Veg·tarian (gm).	Vegetarian (gm).
0	475	650
0	80	80
0	125	125
5	75	100
5	100	100
0	30	30
0	200	200
35	40	50
30	40	55
—	—	50 **

LE 4

r Adult Woman

Moderate work	Heavy work	Additional allowances during	
Vege-tarian-(gm.)	Vege-tarian (gm.)	Preg-nancy (gm.)	Lacta tion (gm.)
350	475	50	100
70	70	—	10
125	125	25	25
75	100	—	—
75	100	—	—
30	30	—	—
200	200	125	125
35	40	—	15
30	40	10	20
—	40*	—	—

d oils can be included in the diet in

d oils can be included in the diet in

Cereal
Pulses
Green
Other
Roots
Fruits
Milk
Fats &
Sugar

Cerea
Pulses
Greer
Other
Roots
Fruit:
Milk
Fats a
Sugar
Grou

* A
pl

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